



Case mate

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Rumsfeld outlines DoD priorities, goals for 2004

BY DONNA MILES

AMERICAN FORCES PRESS SERVICE

WASHINGTON, Jan. 6, 2004 — The global war on terrorism will remain the Defense Department's top priority in the new year, as DoD continues to focus on improving and modernizing its programs, systems and forces to make them more responsive to 21st century requirements.

Defense Secretary Donald H. Rumsfeld told reporters today during his first Pentagon briefing in 2004 that the department already has made "remarkable progress" and will continue its work to "strengthen, improve and transform our forces, modernize and restructure programs and commands ... and streamline DoD processes and procedures."

Rumsfeld laid out an ambitious list of initiatives, many already under way, that he said will help free the department of its Cold War-era trappings that no longer support current demands.

Among these initiatives is the effort to rebalance the active and reserve components throughout the services. Rumsfeld told reporters the global war on terror, with its heavy use of National Guard and Reserve troops, underscores the importance of the effort.

"Our experience thus far in the global war on terror, particularly in Iraq and Afghanistan, has shown that we have somewhat of a Cold War mix of active and reserve forces remaining,"

Rumsfeld said. "And we really do need to adjust it to reflect the circumstances of the day."

Rumsfeld said proposals being drafted by the services "will set a new balance between active and reserve that will fit the 21st century." Also high on the agenda for 2004, Rumsfeld said, is implementation of the new National Security Personnel System that took effect with passage of the 2004 National Defense Authorization Act.

The new law gives DoD the authority to create a new framework of rules, regulations, and processes that govern the way civilians are hired, paid, promoted and disciplined within the department. The new system will replace outdated and rigid civil service rules that many said hindered DoD's ability to carry out its national

security mission. "Executed properly," Rumsfeld said, "the new system ... can play a key role in relieving stress on the force."

On a broader scope, Rumsfeld said the military will continue its efforts to adjust global posture during 2004.

This initiative involves re-examining the United States' military "footprint" in the world — much of it the result of historic, Cold War threats that no longer exist — and to revise them to meet current demands.

In addition to those at its bases around the world, Air Force Gen. Richard B. Myers, chairman of the Joint Chiefs of Staff, told reporters the U.S. military has thousands of troops on deployments around the world. This includes



DoD photo by R. D. Ward

Secretary of Defense Donald H. Rumsfeld conducts his first press briefing of the year at the Pentagon.

roughly 125,000 in Iraq, 13,000 in Afghanistan, more than 2,000 at Guantanamo Bay, Cuba, and more than 1,000 participating in Combined Joint Task Force Horn of Africa.

Meanwhile, Myers said, nearly 3,500 service (See RUMSFELD, Page 6)

DoD asks commanders for data as 2005 BRAC process begins

BY K.L. VANTRAN

AMERICAN FORCES PRESS SERVICE

WASHINGTON, Jan. 6, 2004 — Base commanders in the United States and its territories and possessions have been asked to gather data on their installations in preparation for the 2005 round of base realignments and closures, Defense Department officials said here today.

The fiscal 2002 National Defense Authorization Act authorized DoD to pursue one BRAC round in 2005. The department will use BRAC to eliminate unnecessary infrastructure and to increase military capability and effectiveness, officials said.

Formal data calls, said officials, ensure the department collects and uses the most current data on

installations throughout the BRAC analysis. This data call is one of many steps in the BRAC process, officials explained. Others will be added as needed.

Since each installation will take part in these data calls, officials emphasized that does not mean DoD is considering that installation for closure or realignment. Questions and data associated with the

questions will be available to the public once the Defense Base Closure and Realignment Commission receives them.

The department published draft selection criteria in the Dec. 23 Federal Register for public comment. Comments are due by Jan. 28. The list of BRAC recommendations will be submitted to the independent (See BRAC, Page 4)



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King tribute features civil rights leader, gospel singer (page 3)

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Health Clinic Soldier fit to be a featherweight - (page 12)

AAFES employee wins \$1 million as 'sole survivor' (page 15)

Commentary

Chaplain's corner

“Putting off” and “putting on” New Year’s resolutions

The amazing thing about making a New Year’s resolution is the hope to do better in the upcoming year. However, New Year’s resolutions are easier said than done. Making a resolution acknowledges the need for change; although we’re not always sure what changing will entail. Change is scary because of its costs; and, we are not always willing to pay the price.

New Year’s helps us put things in perspective because it reminds us that the world and all creation continually change. Change takes more than mere promises or will power. It takes motivation to change.

During my high school graduation a friend said, “You practice what you want to be and you soon become what you practice.”

Although I still recalled her words, it was not until much later in life that I finally grasped the real

meaning of them. They are akin to what the Apostle Paul wrote in Colossians 3: 8-10, “But you yourselves are to put off all these: anger, wrath, malice, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of him who created him.”

“Putting off” and “putting on” require action on the part of persons desiring change. Some people believe all they have to do to change is go to worship or say a couple of prayers. Prayer and worship alone will not change a person. It takes action on the part of individuals to experience change. The action is to put off; that is, get rid of anything that will keep you from being the person you know you ought to be. It is like wearing a baseball glove. You put it on if you are going to

play baseball and you keep it on as long as you are in the game. New Year’s resolutions are the same way. You keep at the thing you desire to change and you never compromise or take it off because once you do, you are no longer equipped for the game.

The challenge for the New Year is to “put on the new.” What is “the new” that must be put on? Colossians 3:12-17 reads, “Put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another, but above all these put on love, which is the bond of perfection.” The Apostle Paul wrote that these are the virtues that will help believers become who they long to be.

People who desire to be loved, must first practice love. People who desire respect, must practice respect. And those who desire to be



Chaplain (Maj.) Wilbert Harrison
Post Chaplain

forgiven must first learn to forgive.

The best way to start the New Year, is to practice what you really want to be and do, and you will become who you desire to be. Get rid of the old and embrace the new.

May God grant you strength to be what he has put in your heart to be for his honor and glory.

Are pills and surgery effective for weight loss?

Everyone wants to know the best way to lose weight. Doctors, scientists and nutrition experts have done decades of research and found an answer to this problem. Hundreds of merchants claim to have found their own answers, peddling their quick-acting pills, liquids, exercise machines and fad diets. These answers are drastically different, however, leaving millions of people wondering how to navigate the maze of misinformation, learn the truth about weight loss and achieve the body that is perfect for them.

Weight-loss programs fall into five basic categories: “Miracle” pills and liquids, medications and surgery, exercises without diet, diets without exercise, and diets with exercise. Americans love their high-fat, high-carbohydrate, and inactive lifestyle and will do anything to keep it and lose fat at the same time. Even though doing so is a physical impossibility, more and more people

are looking at liquid diets, medications and surgery as an alternative to changing from their obesity lifestyle to a fitness lifestyle.

No pill, liquid, food or herb can by itself increase your metabolism and melt fat off.

Late-night television is the domain for the products claiming to melt the pounds off in hours, days or weeks by merely consuming a miracle pill or liquid.

No pill, liquid, food or herb can by itself increase your metabolism and melt fat off.

These products are often appetite suppressing stimulants, water-releasing diuretics or stomach-filling gels. Their effects are temporary at best and have little to no effect on fat metabolism. The most that can be said for them is that

they may delay a fat-filled binge for several hours, and, since the body washes away what it doesn’t use, these expensive products will only make very expensive urine.

Medications designed to assist weight loss include appetite suppressants, digestive inhibitors and fat substitutes. All have some effect on weight loss, and all effects stop when the medication stops. Phenylpropanolamine, a common over-the-counter decongestant, is sold as an appetite suppressant (Acutrim). Studies have shown that compounds such as this yield minimal weight loss and are prone to cause the side effects of headaches, nervousness, heart palpitations, and even stroke. These can be particularly dangerous if one is dehydrated.

Phentermine and Sibutramine (Meridia) have been shown to assist with two to eight pounds of weight loss, but only if combined with a low calorie diet. They too have significant side effects and must only be used when monitored by a physician. The weight loss attributable to these medications may have some health benefit for diabetics or people with high blood pressure, but you may not see a dramatic change in the mirror. Orlistat, a fat digestion inhibitor, and Olestra, a fat substitute, can be trusted to yield 6 to 9 pounds of weight loss when combined with a low-fat diet. Side effects include stomach ache, flatulence, oily stools, more time spent on the toilet, and an occasional arrival too late. These medications, when used safely, can assist with a small amount of weight loss, but like their snake

(See WEIGHT LOSS, Page 4)

Casemate welcomes letters, commentaries, articles

The “Casemate” welcomes letters to the editor, commentaries and articles on topics and issues of interest to its readership.

When appropriate, letters to the editor will be forwarded to suitable agencies for reply.

The Casemate reserves the right to edit all letters for clarity, brevity and propriety. All letters are subject to review by the command.

The next issues will be printed Jan. 23, Feb. 6 and 20. A copy of the 2004 schedule is on page 16 in this issue.

Letters should be mailed to “Casemate,” Building 27, Fort Monroe, Va. 23651-6035; or email casemate@monroe.army.mil.

Phone 788-3520 for more information.

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What affect did Dr. Martin Luther King Jr. have on American history?



Sgt. Kemanyi Nix
Cadet Command

"I believe that Martin Luther King had a very profound effect on history being that he wasn't just one dimensional. He wasn't just for blacks, he was for equality for every race. He believed in something so much he was willing to give his life for it. That is an awesome thing for kids to be able to reflect on because the way things are going on it today's society, a lot of people don't believe in a lot of things."



Shirley McCollough
Fire Inspector

"I think he caused everybody to kind of rethink their values and had a big impact on the way we look at the world in general and in people and the way we deal with one another. I think he had a big impact on that, and not just from a black perspective but for the whole country. He stood for nonviolence and died violently, and I think that got everybody's attention."



Maj. Jacob Biever
DCSDCS

"If you look at your history books and see what America was like prior to the 1960s, and you take a look at what America is like today, there's no comparison. And a lot of that can be attributed to Martin Luther King. Segregation, a lot of discrimination ... and while we're not perfect, we've come a long way toward solving those problems, and a lot of that goes back to Martin Luther King."



Theo Myers
Human Resources Assistant, Cadat Command

"(He had an impact) on a great deal of things. Things where segregation has changed, where black and white are able to be in restaurants and schools without being discriminated against. He was a great man and his cause was for equal rights."



Col. John Durkin
DCSPIL

"I think he's one of our country's greatest leaders. I got to hear him speak in Pittsburgh growing up, and he was really a great man. I think his real contribution has been to the human rights of everybody."



Sgt. 1st Class Ronald Ramsey
TUSCAB

"He just brought us along to the point where we are now. Whatever he advocated was going to happen, he just helped it along."

Brother of slain civil-rights activist to speak during King tribute at post theater Jan. 15

BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

Emotional pain can motivate people to do great things. At age 10, Ben Chaney experienced the murder of his 21-year-old brother, James, at the hands of the Ku Klux Klan. James was killed, along with Andrew Goodman and Michael Schwerner, for educating black people in Mississippi about voter registration. This incident helped shape Chaney's life and will be discussed during a program honoring Dr. Martin Luther King, Jr. at the post theater Jan. 15 at 1 p.m. Other inci-

dents related to his brother's murder provided impetus to carry on civil rights work through the James Earl Chaney Foundation (JECF).

The JECF was created in 1989 and sprung out of the repeated desecration of James' grave by the KKK. "The damage was so severe, that we had to raise funds and come up with a method to stop the desecration," Chaney said during a telephone interview to his office in New York recently. The method was to "meet with the state attorney general and apply public pressure to force an



Ben Chaney

investigation into the incidents," he continued.

That investigation led to the consideration of other concerns – things he had not anticipated or planned – and the necessity of JECF became

greater.

The foundation's mission has been to help right injustices imposed upon people throughout the years. For example, when an inordinate number of black inmates "hanged themselves" in Mississippi, the JECF investigated and found 25 suspicious deaths. When this was brought to the attention of the Justice Department, former Attorney General, Janet Reno, ordered a full investigation under the Institutionalized Persons Act. Fifty suspicious "suicides" were unearthed which led to

(See CHANEY, Page 4)

'Ruth' brings gospel music to King tribute

Achieving local notoriety with her appearances throughout the Hampton Roads area, singer/songwriter Ruth McCall will be the featured performer at the Fort Monroe program honoring Dr. Martin Luter King, Jr., Jan. 15 at the post theater.

Singing since age 7, "Ruth" — as she's billed on-stage, and on the

cover of her most recent CD — has also performed at Christian conferences nationwide with various well-known artists. In 1990, she performed in an off-broadway production called "Hold My Mule."

During 2000, Ruth moved with her family to Virginia, and she presently sings with the House of God CE Lewis Memorial Choir.



Contributed photo

Ruth McCall

News clips

Flu shots available for enrollees at Craven Clinic

Craven Army Health Clinic received an additional shipment of the flu vaccine. Therefore, they are offering flu shots to all enrollees of Craven Army Health Clinic. Enrollees should go to the Craven Allergy/Immunization Clinic located on 2nd floor of Bldg. 82 to receive the vaccine. Hours of operation are Mondays, Wednesdays and Fridays, 7:30-11:30 a.m. and 1-4 p.m.

For more information, call Sgt. Jones at (757) 314-8021.

Blood drive set for Jan. 14

A Red Cross blood drive is set for Jan. 14, from 9 a.m. to 3 p.m. at the Bay Breeze Community Center, formerly the Fort Monroe Club. Reservations are available, but not required, and may be made by calling Doris Farrell at 722-5538. For any questions about donor eligibility, call (800) 682-9079.

Parking lot adjacent to theater

The parking lot located on McNair Road adjacent to the post theater is not to be used as a

Parents urged to update emergency data at schools

BY CHARLIE FRENCH
FORT MONROE SCHOOL LIAISON OFFICER

Principals and representatives from the local school systems met with school liaison officers to discuss military child education issues, including mobilization and contingency plans and school emergency-plan procedures.

We are aware that many parents have not updated their emergency point of contact information to ensure the appropriate individuals can pick up their children in the event the parents cannot. It can't be stressed enough that it is crucial that this information be kept current. This applies to all schools

our children attend, pre-school, K-12, public and private.

The schools have asked for my assistance in encouraging parents to update emergency information. Please assure that where there is an emergency POC listed, the named individual is aware if the child has special needs that also require follow-on attention.

Letters will be sent from the schools to families requesting emergency POC updates.

If you have any questions or issues concerning our K-12 schools, please contact me via e-mail: charles.french@monroe.army.mil, or by phone at 788-4673.

long-term trailer and/or boat storage area, according to post officials. It was designed as a parking area for boaters fishing for the day, Old Point Comfort Marina slip holders parking for the day, or other general short-term parking.

Three boat trailers that were located in that

lot have been impounded. None of these trailers had any type of identification (i.e. license plates); therefore, efforts to contact owners were not possible.

For more information, contact Old Point Comfort Marina at 788-4308.

CHANNEY (Continued from page 3)

the shut-down of four jails and improved prisoner conditions in 14 others in Mississippi. JECF is "dedicated to protecting the constitutional rights of all Americans," according to its mission statement.

Voter registration is still a concern of the JECF. "African-Americans are being disenfranchised – which dilutes black voter strength. If you are an ex-con you cannot vote. If you are an ex-con, you have paid

your dues and your privilege to vote should be restored, even if reparations are required," Chaney said.

As a participant in the Dr. Martin Luther King-led marches on Washington, D.C., and to Selma

and Montgomery, Ala., Chaney can provide insight into the history of the civil rights movement and the sacrifices many people have made so we can enjoy freedom.

WEIGHT LOSS (Continued from page 2)

oil counterparts, they have no lasting effect on what causes obesity in the first place. Consequently, the weight always returns.

So why not then just have your stomach "stapled," or better yet, the fat cut out? Both in fact can be done. The procedures of stomach (bariatric) surgery and liposuction have been done for years for specific indications, but neither should be considered routine for the management of obesity. National Institute of Health guidelines state the candidate for surgery should be morbidly obese (where BMI is greater than 40), a BMI of 35 or more but accompanied by severe medical complications of obesity (such as high blood pressure, diabetes, heart

failure, sleep apnea, etc.), the inability to lose weight via diet and exercise and the capability of complying with a very difficult long-term nutritional regimen following surgery. Stomach surgery either reduces the size of one's stomach or reroutes the flow of food, leading to a loss of two-thirds of one's initial weight. Side effects include severe stomach pain, vomiting and loss of crucial electrolytes. Bariatric surgery is only for extreme cases in which the health risks of obesity outweigh the severe risks of surgery and the extremely poor nutritional state that follows it. Anyone who thinks bariatric surgery is the ultimate short cut to a thin body will have a very painful and expensive

rude-awakening.

If one holds to their obesity lifestyle, the weight can, and will come back.

Liposuction is not appropriate for the treatment of obesity. It is only indicated for the removal of abnormal pockets of fat. This procedure removes fat cells that are full, but leaves behind the majority that are not. If the obesity lifestyle continues, the remaining fat cells will simply fill and take the place of those vacuumed out. Several operations will be required to get all the fat cells out. Without a change in the lifestyle that caused the obesity, the tummy, belly or buttock will return.

There are no free lunches in the

fight against obesity. Medications and surgery may help with some weight loss in the short term, but unless one changes from an obesity lifestyle to a fitness lifestyle, the fat will ALWAYS be there. The good news is, there is a way that works every time and for a lifetime.

By Thomas Robinson, MD

(Note: Thomas D. Robinson is a family practitioner and military officer who writes this column for CinCHouse.com. Please consult your own doctor for individualized advice before undertaking any diet or exercise plan. You can e-mail questions to Doctor Tom at doctor-tom@yourperfectbody.net.)

BRAC (Continued from Page 1)

BRAC commission by May 16, 2005.

The Defense Base Closure and Realignment Act of 1990 (Public Law 101-501), as amended by the National Defense Authorization Act for Fiscal Year 2002, requires that closure and realignment recommendations be based on published criteria that make military value the primary consideration.

The criteria include:

Military Value

- * Current and future mission capabilities and the impact on operational readiness of DoD's total force, including the impact on joint warfighting, training and readiness.
- * The availability and condition of land, facilities

and associated airspace (including training areas suitable for maneuver by ground, naval or air forces throughout a diversity of climate and terrain areas and staging areas for the use of the armed forces in homeland defense missions) at both existing and potential receiving locations.

* The ability to accommodate contingency, mobilization and future total-force requirements at both existing and potential receiving locations to support operations and training.

* The cost of operations and the manpower implications.

Other Considerations

* The extent and timing of potential costs and

savings, including the number of years, beginning with the date of completion of the closure or realignment, for the savings to exceed the costs.

* The economic impact on existing communities in the vicinity of military installations.

* The ability of both the existing and potential receiving communities' infrastructure to support forces, missions and personnel.

* The environmental impact, including the impact of costs related to potential environmental restoration, waste management and environmental compliance activities.

Information on DoD's BRAC process is available on-line.

Father, son donate more than 35 gallons of blood

BY HEATHER MCCANN
SPECIAL TO THE CASEMATE

Bill Dancy figures it must run in the blood. Together, Dancy and his father, Bill Sr., have donated more than 35 gallons of life-sustaining blood. If you're a numbers person, that's 288 pints (and needle sticks) stretched over a combined total of more than 75 years.

Father and son will roll up their sleeves once again for an upcoming Red Cross Blood Drive, Jan. 14 at Fort Monroe's Bay Breeze Community Center. This time, it's especially poignant, as the elder Dancy reaches the 25-gallon mark.

"My first donation was back in the 1950s, so I maybe was 18 or 19," recalls 72-year-old Dancy. "It's the least I can do. I'm helping humanity. I feel good about giving it!"

Father and son also share a long history of civil service. After nearly 38 years, Bill Sr. retired from NASA in 1986. Bill Jr., 50, is approaching 19 years at Fort Monroe as a mechanical engineer in the Energy and Utilities Division of DPW. He earned his 11-gallon donor pin in November.

Katrina Kehoe, a communications specialist for the American Red Cross Mid-Atlantic Region, says that you can't dispute the scale of their contribution.

"It's not just the blood that helps saves lives," she said. "Between the blood and related products in it, we're able to say that a single pint of blood has the potential to save three lives." Kehoe estimates the duo likely has impacted several hundreds of lives over the course of their giving. Both men, however, are quick to confess the real motivation behind that first donation.

"Back then, they gave half days off," laughs the younger Dancy. "I was working at Fort Eustis, and time off was hard to come by in those days. I'd give a pint and head right out the back door to the golf course. Looked like a good reason to me!"

The golf ball doesn't fall far from



Courtesy photo

It's a family affair ... (left-right) Bill Dancy Sr.; Julia Dancy, wife of Bill Dancy Jr.; Shirley Dancy, Bill Dancy Sr.'s wife; Bill Dancy Jr. (in back next to son, Greg); pose at the Norfolk airport after Greg's arrival home from basic training at Christmas.

the tee. Dad confesses, "After I donated that first time, I headed straight to the golf course and got in 18 holes. I'm a lefty, and I even gave in my left arm so I wouldn't affect my handicap!"

At some point, both say, it became as much about meeting an obvious need as it did about golf, or time off, or even those great little sandwiches the canteen volunteers make. "It's not any real personal thing, though I do like my friends over there, the sandwich ladies and all," Bill Jr. said. "It wasn't that someone in the family needed blood or anything like that. More, it's the civic duty kind of thing; especially in recent years, with more people being deferred."

Deferrals present a unique challenge for military blood drives. For instance, since September 2001, anyone who lived in any western or eastern European country for a cumulative total of six months since 1980 is restricted from donating. The deferral also applies to Oman and Turkey. Most active duty mili-

tary and many DoD employees have cycled through an OCONUS European tour during this period.

The policy acknowledges the uncertainty surrounding the possible spread of Creutzfeldt-Jakob Disease (vCJD), the human form of "mad cow" disease. While there are no known cases of transmission through human blood transfusion, there still is no screening test and a latency period of five to ten years before the disease can be detected.

American Red Cross Donor Counselor Lita Bryant says if the vCJD restrictions don't knock you out of the ring, the Persian Gulf sand fly might. "Service members and civilians returning from Iraq and surrounding areas also are indefinitely restricted from donating blood until more is learned about a parasitic infection called 'Leishmaniasis,'" she said.

These temporary restrictions take a real bite out of military and civilian donor suitability. That's why if you're eligible, you're needed.

"People's lives are depending on

it," says Bill Jr. "At some point, I may need blood, or someone I love may need blood. Every single drop counts. Your pint counts more now than ever."

He's right, says Kehoe. "The Mid-Atlantic Region supply is critically low. There's no cushion. We're collecting just for us." In a perfect world, she explains, every region would be self-sufficient and keep its own blood. For this area, that means 600-700 pints must be collected each day in order to keep inventory at safe levels. "As of now," she continues, "O-positive, the universal blood type, is in emergency status. That means we have less than a one-day supply on hand."

Look around. Chances are, you'll see someone who has benefited from an American Red Cross blood donation. "You are helping the people in your community first," stresses Kehoe. "But, you're not only helping your neighbor across the street, you might also be helping family and friends across the country."

For the January blood drive, the O-positive Dancy men hope to be surrounded by family. Bill Jr.'s wife, Julia, is a donor at Fort Eustis and daughter Christina, just 18, already has one pint to her credit.

Stop by the Bay Breeze Community Center to say thanks – and consider rolling up your sleeve while you're there. While policy varies by directorate, you still may qualify for up to four hours of administrative leave for recuperation. If the weather holds, you might just make the back nine before sunset.

(Editor's note: The Fort Monroe Red Cross Chapter Blood Drive is scheduled for Wednesday, Jan. 14, from 9 a.m. to 3 p.m. at the Bay Breeze Community Center. Reservations are available, but not required, and may be made by calling Doris Farrell at 722-5538. If you have questions about donor eligibility, call (800) 682-9079.)

3X 3 1/2 Corporate

3X7 Coastal

Myers:Top U.S. focus continues to be War on Terror

BY JIM GARAMONE
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Jan. 6, 2004 – Stopping terrorist networks from acquiring weapons of mass destruction is at the top of U.S. goals for 2004, Joint Chiefs Chairman Air Force Gen. Richard B. Myers said today.

Myers spoke with the Arab Radio and Television Network during an interview at the Pentagon with correspondent Paula Yaacoubian.

He said the global war on terror-



DoD photo by R. D. Ward

Chairman of the Joint Chiefs of Staff Gen. Richard B. Myers comments on the decision to award military personnel serving in both Afghanistan and Iraq the same campaign medal during a Jan. 6 Pentagon press briefing.

ism is still the No. 1 American focus, and the objectives remain the same: to disrupt, degrade and destroy al Qaeda, and to eliminate safe havens for terrorists.

Terror groups with weapons of mass destruction are the greatest threat facing the world, he said. “The evidence is very clear that if they could find more ways to kill more people, they would,” Myers noted.

Intelligence gleaned in Afghanistan makes it clear that al Qaeda has an interest in weapons of mass destruction, the general said. That group examined developing anthrax, he said, and the hunt for weapons of mass destruction in Iraq continues.

“It’s difficult,” he said. “Where we found Saddam Hussein was in a hole in the ground. That same size hole could accommodate a lot of anthrax — enough to virtually wipe out cities. This is a tough business, but that’s got to be our goal. We don’t want these types of weapons or these capabilities to fall into the wrong hands.”

The chairman said finding Osama bin Laden will be much the same as finding Saddam Hussein. “Finding any single individual anywhere on this planet is very, very difficult,” he said. The al Qaeda leader probably is in some rough terrain, guarded by followers made fanatical by belief or money, the general added.

In the end, individuals will come forward and point the way to bin Laden, Myers said. “In the case of Saddam Hussein, we were on his tail right after the war, and we got closer and closer and closer,” he said. “Finally, (we) captured somebody who led to another capture. In the end, it comes down to good

intelligence.”

But at the heart of good intelligence is local people in Afghanistan and Iraq coming forward and giving information that puts an end to the dictatorial past of the countries.

The general was quick to state that even with bin Laden captured it won’t mean that al Qaeda will go away. Yet, he said, the world is a safer place now than it was before Sept. 11, 2001.

The global war on terrorism is not just about the United States,

he said. The general noted that Saddam used chemical weapons against his own people and Iranian soldiers, and that he had any number of chances to obey the U.N. Security Council resolutions, but refused. “It took combat to overturn the regime,” Myers said.

He said people of the region must realize that a stable, democratic Iraq that doesn’t threaten its neighbors has to be better for the region than the one with Saddam in charge.

The same is true in Afghanistan, he said. “More than two years ago, the Taliban was executing people in the soccer stadium in Kabul,” Myers said. “Now they’re playing soccer in (that) stadium, and they have a new constitution that guarantees many different rights to all the various groups in Afghanistan.”

“More than two years ago, the Taliban was executing people in the soccer stadium in Kabul. Now they’re playing soccer in (that) stadium, and they have a new constitution that guarantees many different rights to all the various groups in Afghanistan.”

Myers said, noting that the most recent targets have been the Saudis, the Iraqi people, Indonesians and Turks. The former regime members blew up the Baghdad headquarters of the International Red Cross and the United Nations. The bombing today in Kandahar, Afghanistan, resulted in 40 casualties, most of whom were women and children. “This is a threat against people who want to have a prosperous and civilized life and a better life for their children,” he said.

Myers said the combat in Iraq was worth it. “Less than a year ago, Iraq was ruled by a dictator that killed hundreds of thousands of his own citizens (and) had fought wars against two neighboring countries,”

Myers said the policy of pre-emption is necessary now, because the results of a miscalculation are too high to accept. He said the United States could absorb the casualties caused by a conventional attack, but the country cannot absorb the casualties caused by a nuclear, chemical or biological attack.

“These are difficult times,” he said. “Al Qaeda is a real enemy. The leaders of al Qaeda are on record ... wanting to do away with the way of life of many of the Arab states in the Gulf region, the United States and, by extension, our friends and allies around the world. This is not a virtual enemy. This is a real enemy that can do us real harm if they had the wherewithal to do it.”

RUMSFELD

(Continued from Page 1)

members are conducting stabilization operations in the Balkans, and about 1,500 are performing counterdrug operations and other training in Central and South America.

Rumsfeld continued to rattle off a virtual laundry list of efforts and initiatives the department will pursue in 2004.

“Going forward, he said, “we will continue to aggressively pursue the global war on terrorism, strengthening joint warfighting capabilities, transforming the joint force, strengthening our intelligence capabilities (and) strengthening our ability to counter the proliferation of weapons of mass destruction.”

Rumsfeld said DoD also will focus on improving force planning through quality of life, infrastructure and other modifications, refining and improving the department’s role in homeland security, and streamlining its budget, contingency and other departmental processes.

“We have a full agenda,” Rumsfeld acknowledged. “It is what President Bush has asked of us. It is what the American people expect of us. And it is work that we intend to proceed with over the coming months of 2004.”

Coalition has ‘turned corner’ in Iraq

BY JIM GARAMONE
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Jan. 6, 2004 – Coalition forces have “turned the corner” in western Iraq, said Army Maj. Gen. Charles H. Swannack Jr., 82nd Airborne Division commander, during a Baghdad press conference today.

The general also said the coalition is “on a glide path to success” in the region. He said attacks against Task Force All-American forces have decreased almost 60 percent in the past month.

The task force covers Anbar province in western Iraq. The 3rd Armored Cavalry Regiment is part of the force.

Swannack said the soldiers are making great progress against the former regime cells and the financial network that funded those cells. He held up an improvised rocket-propelled grenade launcher captured by 82nd troopers as proof that the enemy is running out of resources. He said the number of attacks dropped from about 15 to 19 a day in October to zero to three or four a day now. “What’s more, the effectiveness of the attacks has dropped,” he said.

The improvised equipment and untrained forces cause attacks to misfire. Swannack estimated there were “about 100” members of the anti-coalition cells, and he estimated that five or six cells operate in the province.

The general listed three reasons for the decline in attacks. First, the task force uses aggressive tactics to find and kill or capture anti-coalition forces.

“We have killed or captured a large number of the leaders, the financiers and facilitators of the insurgency,” he said. “We’re not done yet, as there are a lot more of those folks out there.”

He said, however, that soldiers have been able to remove the leaders who recruited, directed and supplied cells for attacks on coalition forces.

Swannack said the capture of Saddam Hussein provided a boost throughout his area. Those Iraqis who wanted Saddam back in power have lost all hope that could happen, while those who feared the dictator would return to power have lost that fear, he said.

As a result, local people are cooperating (See COALITION, Page 7)

Nine dead in Black Hawk crash near Fallujah

BY JIM GARAMONE
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Jan. 8, 2004 – An Army UH-60 Black Hawk helicopter crashed southeast of Fallujah, Iraq, today, killing all nine aboard, coalition officials said during a press conference in Baghdad.

Officials do not know what caused the crash. A quick-reaction team secured the area, and investigators are on the scene. Early reports that the chopper was from the 82nd Airborne Division are not true, said Army Brig. Gen. Mark Kimmitt, deputy operations director for Combined Joint Task Force 7.

In other news from Iraq, an Air Force C-5 Galaxy transport departing from Baghdad International Airport declared an in-flight emergency shortly after taking off. The crew said there was “excessive vibration” in their No. 4 engine, combined press information center officials said. The craft returned safely to the airport, with no injuries among the 63 passengers and crew aboard. Air operations at the facility continue, said officials.

A coalition news release today said a soldier died and 30 American personnel were wounded in a Jan. 7 mortar attack on the 3rd Corps Support Command’s Logistical Base Seitz in Balad, north of Baghdad. In the release, CJTF 7 officials said 20 of those wounded have returned to duty. Initial reports of 34 service members being wounded were incorrect, the news release reported. Two soldiers were slightly wounded after the

attack, but not as a result of the blast, and two others originally listed as wounded were not, thus accounting for the difference, officials explained. The area is the primary supply point for U.S. forces in the country.

Kimmitt said the past week has seen an average of 18 engagements launched against coalition military targets daily. Attacks against Iraqi security forces averaged slightly more than two per day, with an average of and one attack daily against Iraqi civilians.

Overall, coalition forces conducted 1,601 patrols, 28 offensive operations and 19 raids in the past 24 hours, capturing 47 anti-coalition suspects.

In the north, troopers from the 101st Airborne Division conducted a neighborhood engagement in west Mosul. They searched 223 houses, detained suspects and seized weapons, ammunition and explosives. Kimmitt said a program to get Baath Party loyalists to turn in weapons and ammunition is having some success in the region. In one instance, a former regime loyalist turned in 98 82 mm mortar rounds, fuses and a complete mortar system. Kimmitt said this indicates former Baath Party members are willing to work to establish a free, democratic Iraq.

In the north-central zone – the area covered by the 4th Infantry Division – there were 157 patrols and one raid, and soldiers captured 10 individuals. Coalition forces captured a Baath party leader near Tikrit, and also captured Salah Shahab, who was wanted for murdering

eight Iraqi soldiers who attempted to desert during ground combat operations. Shahab also is believed to be involved in terrorist acts, Kimmitt said.

Members of the Iraqi Civil Defense Corps conducted a raid in the area. “The intended target was a suspected weapons dealer,” Kimmitt said. “ICDC forces captured two individuals and confiscated extensive small arms and ammunition.”

In Baghdad, 1st Armored Division soldiers conducted six offensive operations and 569 patrols, 77 of them with Iraqi police and soldiers of the ICDC. Coalition forces captured 11 personnel.

Kimmitt announced that 508 soldiers graduated from the two ICDC academies in Baghdad today. This brings the total of defense corps personnel in Baghdad to 3,145.

In the western part of the country, coalition forces conducted 187 patrols, nine joint patrols and four offensive operations. The forces captured 20 individuals. In a cordon-and-search operation designed to kill or capture elements of former regime cells operating in the area, Kimmitt said, forces captured six of the eight primary targets.

In Ramadi, Kimmitt said, ICDC personnel conducted independent combat operations “to disrupt enemy activity and prevent enemy forces from emplacing bombs or to sell black-market fuel along Highway 10.” He said the operation will continue for several more days.

Vermont National Guard trains Afghan Army trainers

BY STAFF SGT. TIMOTHY WILLIAMS
SPECIAL TO AMERICAN FORCES PRESS SERVICE

KABUL, Afghanistan, Jan. 7, 2004 – National Guard Soldiers with the 124th Regional Training Institute from Colchester, Vt., are here to “train the trainers” and teach Afghan National Army members how to become better soldiers.

The unit has been here since June in support of Operation Enduring Freedom, training the ANA. Their main focus is getting ANA trainers to take over courses and ultimately train their own people.

“Our main role is to aid in the establishment of the Afghan National Army and to mentor and guide the Afghan officers and (non-commissioned officers),” said Capt. Scott R. Cadieux from Georgia, Vt. “We’re here to help make their army more efficient and more effective. We also want to bring the ‘work smarter, not harder’ type of



Photo by Staff Sgt. Timothy M. Williams

Capt. Scott R. Cadieux gives a training class to members of the Afghan National Army. Cadieux, a mentor for the Officer and Non-commissioned Officer Training Brigade of the ANA.

philosophy and bring their military leadership competencies toward a more western-type philosophy.”

Cadieux is serving as the ANA mentor for the Officer and NCO Training Brigade. In his civilian

job, he is a financial consultant for Fidelity Investments in Boston.

The coalition also has contributed to the training of the ANA in various ways. The French are responsible for training the officers,

and the British are responsible for training the NCOs. The ANA trains its soldiers on fundamentals, which include basic training.

Cadieux said he helps the French and British armies, providing guidance and expertise in training both officers and NCOs.

Part of the training the ANA receives reflects NATO doctrine, the captain said. “It’s not American doctrine, it’s not British, and it’s not French. It is NATO. We try to find the best doctrine” among the three for the ANA, he added.

Meeting and working with the ANA was very tense when the 124th first arrived in Afghanistan, he said.

“Initially I don’t think they knew how to take us and we didn’t know how to take them,” Cadieux said. “But things have changed. I think they know we’re here to help them and then get out and go back home.

(See NATIONAL GUARD, Page 13)

COALITION (Continued from page 6)

with coalition forces. He said tips on the command’s hotline have jumped 50 percent. Local people are telling coalition soldiers about anti-coalition forces, foreign fighters, where improvised explosive devices are planted and where weapons caches are hidden.

The task force has spent a lot of time and energy in developing, training and equipping Iraqi security forces. Division soldiers helped train 1,300 Iraqi Civil Defense Corps members. The security force still needs trucks and radios, but those have been approved, and Swannack said he expects them to be available in the next 60 to 90 days.

Of the 6,500 Iraqi police in the province, some 370 have been retrained and are working to teach the new tactics and policies to their fellow officers, the general said.

The second thrust is to create jobs to employ military-age males in productive employment, Swannack said. He estimated about 16,000 jobs have been created in the province. This is about half the goal the general set last year.

Finally, the task force works to consolidate and destroy the vast amounts of military hardware left over from Saddam’s regime. Soldiers and local Iraqis have destroyed 72 of 91 known weapons caches. This keeps the weapons out of

the hands of anti-coalition forces.

Swannack said that although some potholes exist in the road ahead, he is working with local leaders to turn control of the region over to local councils. “We’re on track to refresh the local provincial council this month,” he said. “This will start the process of election of delegates for the new transitional government.

“We have turned the corner, and now we can accelerate down the straightaway,” he continued.

“There’s still a long way to go before the finish line, but the final outcome is known.”

3X14 Freedom

MP Roll Call

The MP Roll Call section of the Casemate is designed to provide a link between the Provost Marshal's Office and the Fort Monroe community regarding law-enforcement operations, services we offer, crime statistics and how these operations and services combined with other Fort Monroe initiatives keep our community safe on a daily basis.

If you have any questions, comments or concerns that you would like us to address, please call 788-2220.

Please keep in mind that detailed information concerning our security posture will not be published.

Capt. Kelly Weinberg
Fort Monroe Provost Marshal

What drivers should know about traffic stops

BY: SPC. RICHAEEL EVANS
POST PROVOST MARSHAL'S OFFICE

Fort Monroe Military Police and Department of the Army Civilian Police conduct traffic stops on post everyday.

The main reason for these stops is to enforce the law and maintain the safety within the post community. Drivers who don't stop at stop signs or speed are potentially placing the lives of others in danger.

Routine traffic stops sometime turn out to be anything but routine. Police officers find uninsured motorists, drivers with suspended licenses, illegal aliens, impaired drivers and drugs during traffic stops. This is why police officers are trained to place a great deal of emphasis on their safety and take a defensive posture during traffic stops until the risk of confrontation or injury is diminished.

When a person is pulled over, the first thing the officer does is radio the Military Police Desk of his location and the reason for the traffic stop. Second, he calls in the person's vehicle information, which includes a description of the vehicle, license plate number and the number of occupants in the vehicle (if able to be determined). Once the police officer has radioed the MP Desk the vehicle information, he waits for a response.

While the officer is waiting, the Military Police Desk Sergeant runs the license plate on the Virginia Criminal Information Network.

VCIN is a statewide data communications network with computerized links to state, regional and national law enforcement systems. Running the license plate through VCIN lets the officer on scene know whom the vehicle is registered to, if the registration is current and if there are any warrants for the person who owns the vehicle.

After the patrol has received a response from the Desk Sergeant, he will then proceed to the vehicle to inform the driver why he or she was stopped and to collect the driver's license and registration.

Depending on VCIN's response time and how busy operations are on the MP Desk determines how long it takes for a patrol to approach a vehicle. The officer is only taking the proper steps for his or her safety. Also, don't be surprised if another patrol vehicle arrives on scene. This is another

safety measure police use, because most patrols are single unit patrols.

Here are a few things that a driver can do:

- ❑ Carry proper identification: Valid driver's license, current vehicle registration and proof of insurance.

- ❑ Never attempt to outrun the patrol vehicles, pretend not to see the lights or hear the sirens. Find the nearest safe place to pull over out of the flow of traffic.

- ❑ Stay in your vehicle. If you are asked to exit the vehicle, do it slowly.

- ❑ Remain calm. If there are passengers, also ask them to remain quiet and cooperative with reasonable requests. Do not let anyone in your vehicle make threatening statements or gestures toward the officer.

- ❑ Keep your hands in plain view by placing them on the steering wheel so the officer can see them.

- ❑ If you are stopped at night, turn on your interior lights.

- ❑ Avoid sudden movements, especially toward the floorboard, rear and passenger seats of the vehicle.

Please comply with the officer's request to see your driver's license, registration and insurance information. If any of these documents are out of reach, please tell the officer where they are located before you attempt to get them out.

It is better to answer all questions honestly to avoid becoming argumentative with the police officer.

If the officer does issue you a citation, and if you don't understand the reason, ask the officer for details of your violation.

A final thought: Please remember that when the Military Police or Department of the Army Civilian Police pulls you over, he or she does not know whether you are a law abiding citizen or a possible felon. This is why they must take reasonable steps for safety of all parties involved, including them.

Therefore, it is always best to be cooperative and polite during a traffic stop. If you are courteous to officers, they will be professional and respectful to you.

It is not our intent to harass, but to keep the community safe.

We thank you for helping keep our community safe.

The Casemate is also online: fort.monroe.army.mil/casemate

Soldiers help set up phone network in Northern Iraq

BY PFC. JOSHUA HUTCHESON

AL SULAIMANYA, Iraq (Army News Service, Jan. 6, 2004) — Members of the 101st Airborne Division (Air Assault) participated in a two-day conference in the Kurdish region of Northern Iraq to set up a telephone network centered on the city of Mosul.

The birth of a communications network would connect more people in Iraq. Prior to the war, about 3 percent of the houses in Iraq had telephones; current levels are at about 8 percent, said Master Sgt. James Price, division radio non-commissioned officer in charge, 101st Airborne Division.

Without a proper network many people couldn't call those outside of their villages.

“If you think of a hotel where you can call everybody within the hotel, but nobody else outside the hotel, it'd be similar to that,” Price said. “That's why we're working on this infrastructure, connecting all the switches together.”

The phone companies in Iraq are government-owned and operated. Prices are low but it often takes a while for things to be repaired.

“It's almost as if it's a not-for-profit organization. It normally costs \$150 for a line, and it costs less than a dinar a minute to talk, so you're looking at 750 minutes to equal one dollar of revenue,” Price said.

To establish a communication infrastructure, members of telephone companies in Mosul, Erbil, Dohuk, Al-Sulaimanya, Kirkuk and employees of the Coalition Provisional Authority met along with people from the Iraqi Ministry of Communication and the 101st Abn. Div. to figure out the best way to set the network up.

“The conference was a who's who of the phone

company in Northern Iraq,” Price said.

To begin the process the committee decided to first start off with a microwave line-of-site system between all the major and minor switches in Northern Iraq. They mapped out the best configuration that would allow maximum communication between the major city switches of Mosul, Erbil and Dohuk, and link many of the smaller towns and villages between.

Creating the network will require towns to build or repair communications towers, and purchase power generators. The representatives from the cities will have to supply a list of what equipment they need and the money amounts to officials from the 101st Abn. Div.

“Once everybody gives us their requirements, we put that into a project request, send it to CPA, and they will assist with financing,” Price said.

The microwave network will cost between \$4.5 and \$5 million to build. Funding will come from the \$87 billion approved by Congress to use in the reconstruction of the country, and other countries, Price said.

“In a year, we will have made a lot of progress, it's going to be pretty exciting watching

the country grow,” Price said.

After the microwave system is in place, the next step the committee will take is to install a fiber-optic cable connection. That connection will be slower and harder to put in place, Price said.

The role of the 101st Abn. Div. in this ongoing operation is to provide technical support, act as a liaison between the Iraqis and representatives from CPA and supply transportation when necessary. Soldiers from the division communications section will also provide any help in repairing equipment or communications machinery.

Plans are in place to smooth the transition of this project into the hands of the next group of Soldiers who will take over operations in Northern Iraq once the 101st Abn. Div. leaves.

“Our goal is to transition with Stryker Brigade so that there's no loss of support to the local community,” Price said.

The meeting, which was held in December, was the second of what's scheduled to be a monthly event for the infrastructure committee.

(Editor's note: Spc. Joshua Hutcheson is a journalist assigned to the 101st Airborne Division)

Stop Loss expands Soldiers to stay in theater until their units redeploy

BY SGT. 1ST CLASS MARCIA TRIGGS

WASHINGTON (Army News Service, Jan. 6, 2004) — The Army is expected to announce this week that active-duty Soldiers currently serving in Iraq and Afghanistan will not be allowed to separate or retire until after their unit redeploy.

Under the latest Stop Loss iteration, 7,000 Soldiers will be required to stay in the theater for the duration of their unit's deployment and up to a maximum of 90 days after the redeployment, said Col. Elton Manske, the chief of Enlisted Division, G1. The 7,000 Soldiers to be affected includes Soldiers who will not be allowed to change duty stations or exit the Army.

“The Army understands that this will probably create hardships or disrupt some plans, but this supports the interest of the United States and directly impacts our ability to win,” Manske said.

Leadership in the theater and the Army staff continue to review Stop Loss, because there is no intent to keep Soldiers from moving on in their careers any longer than is necessary, he added.

Soldiers will be retained in the Army up to 90 days after the redeployment because the Army has their best interest in mind, officials said. The time should be used by Soldiers to ship their personal belongings and properly clear the Army or the installation, officials added.

In November the Army announced that active-duty Soldiers would not be allowed to voluntarily leave the Army or change duty stations if they were assigned to units that had been

(See STOP/LOSS, Page 16)

4X9 St. Leo

Travelers wanted: Grab a free trip to fitness, good health

BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

Imagine being given a free plane ticket for any place in the country. You have to decide where to go and when, what to pack and what to leave behind. It's exciting and a little bit scary. Still, if you like to travel, you know it will be good.

Anyone embarking on the quest for fitness may be excited, yet apprehensive. The Fitness Center is the terminal that supports 200 to 500 "travelers" every day. The 37,000-square-foot facility allows Soldiers, retirees, DoD civilians and their family members (and contractors, at the post commander's discretion) to take advantage of the knowledge provided by a well-trained staff.

"If you are just starting out here, the best thing to do is to get to know one of our personal trainers," said Ron Finchum, Chief of Community Recreation. "All of our trainers are certified. Folks can feel comfortable that when an instructor tells them something, they are not just talking off the cuff. They are speaking from experience and knowledge that comes from the certification process and all the years working in fitness. That means a lot.

"Just sit down and talk with them and get their opinion. They are going to look at your needs and

tell you what's best for you. It's kind of like going to counseling ... sit down and talk with the fitness instructor and say, 'Hey, it's not working what can I do?' Nine times out of ten, they can give you some good ideas," Finchum said.

One way to determine where you are fitness-wise is through a Microfit evaluation. Microfit is one of the tools used by trainers to determine a patron's fitness level. It is a computer-based system for measuring body fat, bicep strength, back flexibility, blood pressure, resting heart rate and aerobic fitness. This discrete evaluation takes about 45 minutes. One should prepare for the evaluation by wearing workout clothes and taking a towel and drinking water to the test room.

After the evaluation is complete, the trainer will explain test results, discuss fitness goals and help prepare a plan for accomplishing those goals, if desired.

"How old would you be if you didn't know how old you are?" This question is asked by Dr. Kenneth Cooper of Cooper Institute of Aerobics Research, who is considered to be the "father of aerobics." Simply categorizing yourself as "out of shape," does little good when determining what sort of fitness program would benefit your particular body type most.

Jeanette Coffman, fitness and wellness program coordinator, who has studied extensively at the Cooper Institute, also emphasizes lifestyle changes that promote wellness that people can easily continue instead of drastic body-changing undertakings.

She said that she has seen her share of patrons become discouraged because they set their expectations too high.

"They expect too much, too quick. They should make small goals. They may say they want to lose 50 pounds, for instance. You don't start out wanting to run a marathon, you start out wanting to run a half mile," Coffman said.

"You have to find something you enjoy," Coffman said. And, she suggests participating in the activity several times before deciding not to continue it. "If you find you just really hate it, find something else that you really enjoy — swimming, walking, whatever it might be. There are so many physical activities," Coffman said.

The Fitness Center has a variety of activities, including classes for cutting — a term the pros use for shaping a portion of the body — and toning, aerobics and yoga. Weight and cardio equipment, a rock wall and racquetball courts are also available.

"The best thing to do is to start out slow and make it a lifestyle change and not go on a special diet (e.g., Slim Fast, Weight Watchers, Atkins, etc.) or any kind of one-, two- or six-week program. You have to eat well. You can't eat 'Micky-Ds' everyday and come in and exercise. It's kind of like putting cheap gas in your car and expecting it to run well. You need to do the same thing with your body. You've got to give it plenty of nutrition. You should just start out slow and make exercise a routine three or four days a week," Finchum said.

One way to keep track of exercise routines is through Fitlinxx. This system tracks an individual's physical activities from lawn mowing to bicycle riding. Input can be entered at www.Fitlinxx.com or at the Fitness Center.

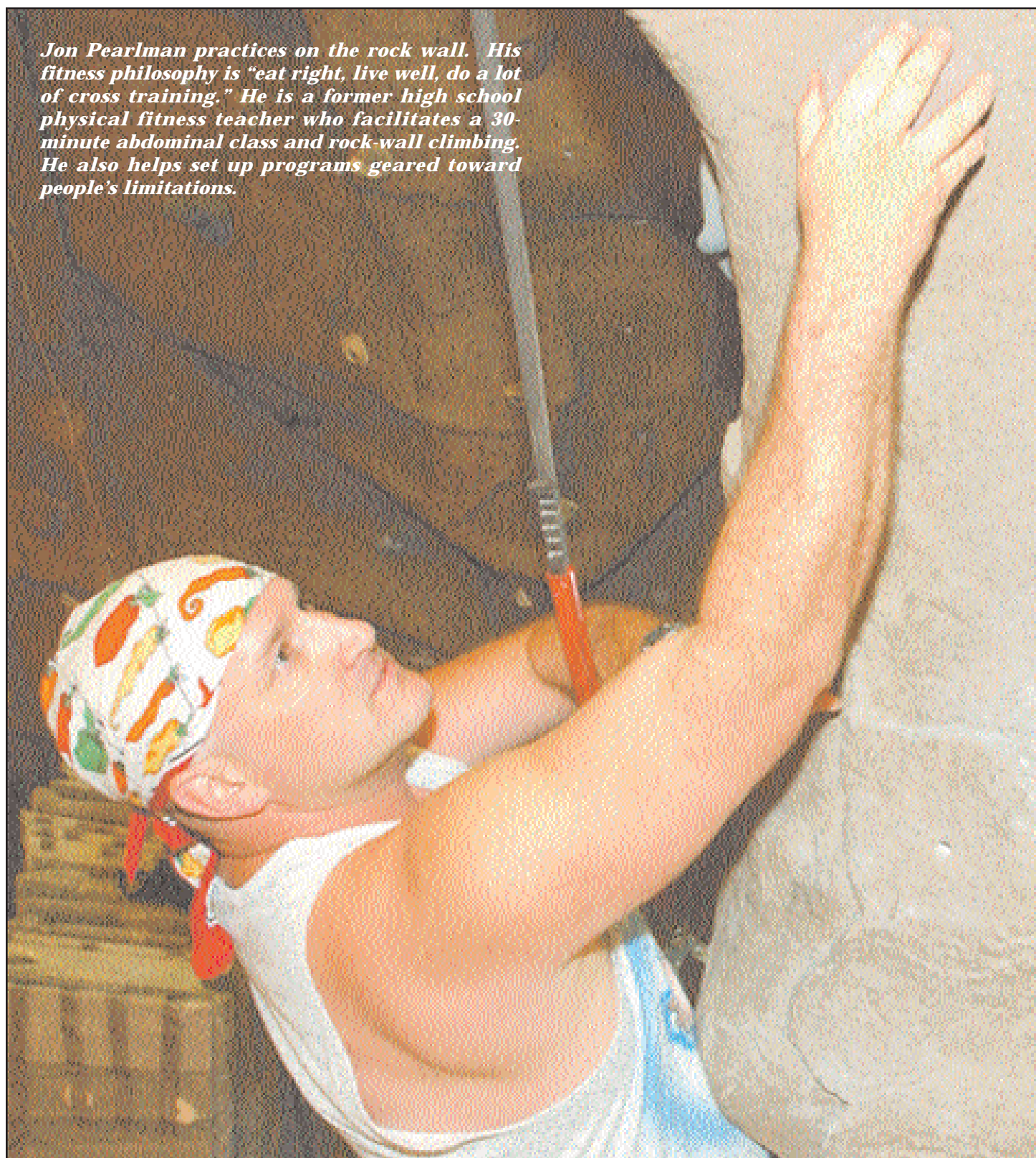
The Fitlinxx terminal at the Fitness Center was damaged by Isabel flooding but should be up and running at the end of this month, according to Finchum. The trainers assist with set up and answer questions about it.

The Fitness Center staff is available to assist novice travelers with setting their destinations and mapping out goals as well as the "frequent flyers" who know where they are going and the best way to get there.

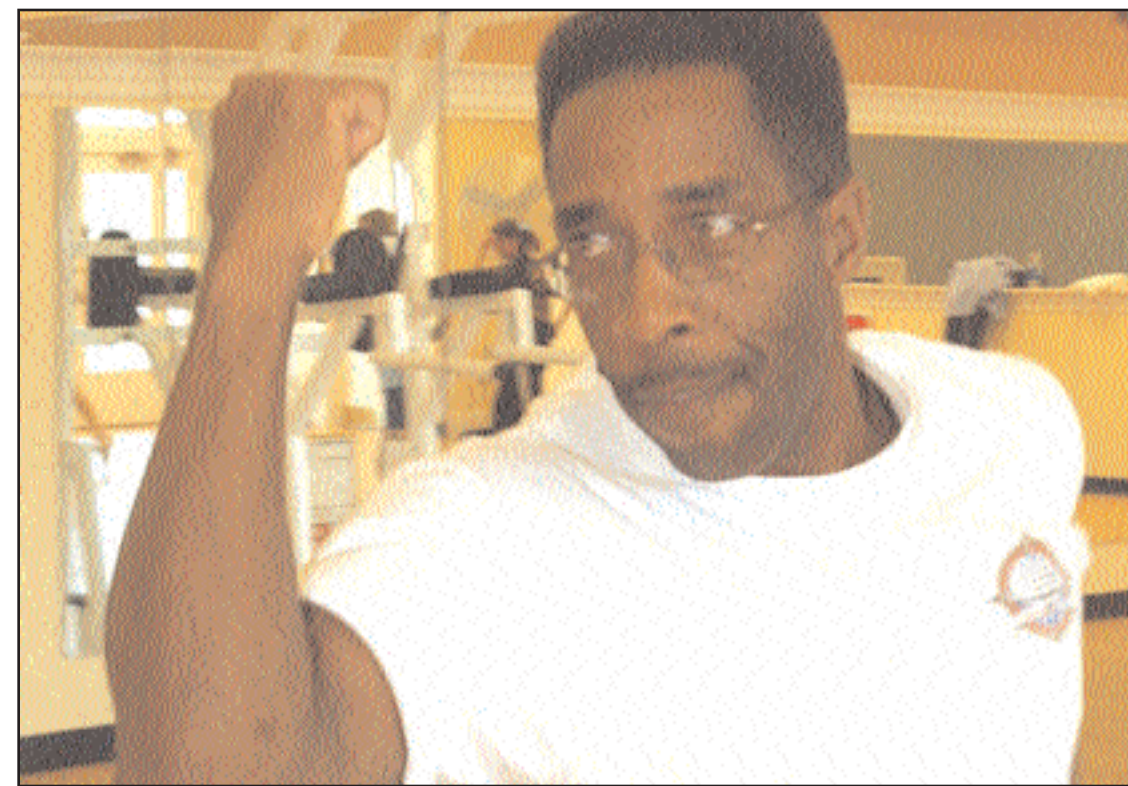


(Photo above) Bobbie Hawkins, left, demonstrates step aerobics moves. "Fitness is a lifestyle, not a program. Our bodies were not designed to be sedentary; they were designed for movement. The more you move them the better they function. I don't look at exercise as a means to weight loss. I see it as an important part of healthy living. Weight loss is just one of the many benefits of a healthy lifestyle. When you treat your body right, eat right, drink plenty of water and exercise, you will begin to lose unhealthy weight. When the goal is health, you won't get discouraged and quit," Hawkins said. (Photo right) Jeanette Coffman gives instructions during group cycling class. "Allow yourself the opportunity to explore. Find an activity you enjoy and make it part of your lifestyle," Coffman said.

On the cover ... Mark Mobley leads Powerflex participants in pushups. "Feel the joy of being fit, stress free and relaxed from strength or cardio workouts. I try to bring individuals out of their comfort zones and increase their fitness levels a notch or two to help them reach their goals without losing focus on the reason they started coming to the gym," he said.



Jon Pearlman practices on the rock wall. His fitness philosophy is "eat right, live well, do a lot of cross training." He is a former high school physical fitness teacher who facilitates a 30-minute abdominal class and rock-wall climbing. He also helps set up programs geared toward people's limitations.



(Photo above) Ralph Kelly demonstrates blocking during kickboxing class. "Stay in shape," is Ralph Kelly's fitness philosophy. Therefore, he emphasizes toning and "cutting." "Cardio is good for everyone three times a week because it exercises various body parts," Kelly added. Kelly enjoys working with the special population - those who have had joint surgery or have experienced other maladies. He also works with a lot of retirees and the elderly one on one, modifying routines and equipment as needed. (Photo left) Heather Engel leads 5:15 p.m. step aerobics class. "Experience the joy of movement. Motivation is key to getting people in shape. Whatever brings someone to the gym in the first place isn't as important as making sure they want to come back. As an instructor, if I can make a workout approachable and simple, it will be much easier to stick with it. As the comfort level increases, I help them add variety or try new things to reach their fitness goals," Engle said.

Photos by Patricia Radcliffe

Sports and health

Health Clinic Soldier fit to be a featherweight

BY TIM RAFALSKI
CASEMATE STAFF WRITER

It's not exactly the type of pedigree you'd expect for a boxer:

□ High school days spent in the marching band. Strike one.

□ Tipping the scales at 106 pounds. Strike two.

□ Absolutely no boxing history in her background. Strik ... huh, wait a second. Her? Make that STRIKE THREE.

Although the sport has grown in participation and popularity over the last decade, women's boxing still elicits plenty of smirks, signs and eye rolls when brought up. However, there's always been a certain level of intrigue to the sport as well.

Intrigue is what originally drew Sgt. Melinda Braithwaite to the ring a few years back. The Virginia Beach native had no boxing background, but an intense interest fitness and weight-lifting eventually led to wondering what type of workout boxing could provide for her.

Still, even Braithwaite isn't exactly sure how she ended up in the ring.

"No idea," she said with a grin. "It all started in Germany. I was really into lifting weights and doing a lot of cardio at the gym, and I saw a boxing coach showing a whole bunch of Army people how to box and I thought it was really neat. And I had watched that movie 'Girl Fight,' and that really got me motivated. So I went to that coach one day and said, 'What would it take for you to teach a female how to box?' He said, 'For her to show up.' So I showed up, and that's where it all started."

It didn't take long for Braithwaite to realize the workout she was seeking was more than she originally expected.

"A lot of it is a lot of cardio, making sure we have the endurance to go the rounds and the minutes without passing out," she said. "I



Photo by Patricia Radcliffe

Sgt. Melinda Braithwaite practices in front of a mirror at the Fitness Center here during the holidays. Braithwaite also leads "Powerflex" classes at the center.

had stopped boxing for about a year and got back into it a couple months ago, and after all the training I do - I run religiously, I work out religiously in the gym, I teach aerobics, all sorts of exercising I do every day — I went in that boxing gym and I thought I was going to die after the first hour. And we weren't even doing anything as far as hitting the bag or hitting mitts. I realized I was not as in shape as I thought I was."

Aside from the workout, Braithwaite quickly discovered another reward to putting on the mitts.

"Definitely a stress release," she said. "It's nice to take it out on something other than somebody you love or yourself. The opportunity to hit somebody and not get arrested."

One obstacle Braithwaite has run into, though, is finding people to release that stress against. Being a 106-pound woman doesn't offer too many sparring partners in a typical boxing gym. In fact, she spends most of her time sparring against teen-age boys who are the same weight.

Braithwaite traveled to Stanton two weeks ago for her first official fight against another woman in her

weight class. Needless to say, it was a memorable event.

"That was one heck of an experience, my first fight ever. I went in there and I was so nervous I didn't know what to expect, but after the first round it was kind of like an overexciting spar match," she said. "I mean, 106 pounds is not a whole lot to be pushing around, but we did our best and it was a good experience."

Following amateur rules, the fight lasted three two-minute rounds and Braithwaite lost a close decision by the referee. Despite the loss, however, her resolve has only strengthened.

"The whole idea was I wanted to do the training regardless of whether I fight or not because it's an excellent workout and keeps you in shape," Braithwaite said. "I told myself that if I went in there on the first fight and got my butt whooped or I cried when I got done and it wasn't for me, that I wasn't going to fight anymore but at least do the training. I went in there and had a really good time. In fact it was funny because we ended up hugging and laughing and joking about the

whole situation. People were like, y'all just fought and now y'all loving on each other. So I decided that I'd at least like to have a rematch with her.

"We don't have a next one set up, we're hoping the end of this month, but definitely Golden Gloves in Arlington, Va., in March. That's what the main training is for. Hopefully we'll get in just some messing around fights so I can get some more experience and be ready for Golden Gloves in March."

No matter what her outcomes in the ring are, though, Braithwaite is hoping to at least help change people's perspective of the sport.

"They're kind of excited at the same time, but they usually ask, 'Why do you want to get beat up?' Then they also look at my frame and say, 'You're too small to fight,'" she said.

"I get a lot of different responses, but more or less I think a little bit of respect at the same time too because I'm out there attempting to do something a little crazy."

(Note: Sgt. Braithwaite works at the Craven Army Health Clinic.)

Sports Shorts

Athlete of Year

The Fort Monroe Sports Office is now accepting nominations for the U.S. Army Female and Male Athletes of the Year.

Each year the Army selects a female and male Soldier-athlete whose accomplishments in their respective sport exceeds those of their peers. Specific criteria for the selection are as follows:

□ Athletic accomplishments must have taken place between January and December 2003. Accomplishments should have been achieved during armed forces, national, international and CISM events.

□ The value of the Soldier-athletes' contribution to the team or as an individual.

□ Other non-athletic accomplishments or awards during the period, such as military

awards, civic recognition, etc.

□ Athletic accomplishments during the preceding two years.

Deadline for nominations is June 14. For more information, contact John Tutson, sports program manager, at 788-2783.

Marathon 'tune-up'

The Tidewater Striders Running Club is sponsoring two races at Fort Story during January to help runners 'tune up' for the upcoming Shamrock Marathon.

The first race is Jan. 10. Registration begins at 7:45 a.m., and the race will begin at 9 a.m., adjacent to the post recreation center.

The second run is scheduled for Jan. 31 with identical registration and race-start times and

location. Participation fees for both events are \$15 (non-club-members) for 25K and 30K runners and \$10 (non-club-members) for 10K runners.

Runners are strongly encouraged to car pool to these events to reduce the impact on base operations. For more information, contact race director Curt Aasen at 622-1911 or assistant director Mel Williams at 521-9220.

Preregistration has also begun for the 32nd annual Shamrock Marathon planned for March 20 in Virginia Beach. Significant discounts are given to runners who register for any of the marathon's five events prior to Jan. 15.

Further information about the Shamrock Marathon and preregistration forms can be found online at www.shamrockmarathon.com.

DoD resumes anthrax vaccine immunization program

BY GERRY J. GILMORE
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Jan. 8, 2004 – A federal judge ruled Jan. 7 that the Defense Department could again legally administer anthrax immunizations to troops.

That same day, DoD personnel chief Dr. David S.C. Chu noted in a department-wide memorandum that military commanders “should immediately resume the anthrax vaccination program.”

The department’s anthrax vaccine immunization program had been in hiatus since Dec. 23, after an injunction granted the previous day by the U.S. District Court for the District of Columbia caused DoD to suspend the program.

The department, Chu wrote in the memo, “remains convinced that the AVIP complies with all legal requirements, and there is now no judicial restraint” on administration of the vaccine.

Senior DoD leaders, including Defense Secretary Donald H. Rumsfeld and Joint Chiefs of Staff Chairman Air Force Gen. Richard B. Myers, maintain that the anthrax vaccine is a safe and necessary precaution for U.S. troops deployed in the war against terrorism where enemies may employ biological, chemical or nuclear weapons of mass destruction.

Both Rumsfeld and Myers have received anthrax shots.

NATIONAL GUARD

(Continued from page 7)

They know we’re not here for the long haul.”

The unit had to overcome communication and cultural barriers while training the ANA, Cadieux said, adding that he’s encouraged by the ANA’s strength and resilience. While the ANA members may not know everything at first, they are constantly learning and improving, he said, adding that he sees them becoming more visionary and starting to think more “outside the box.”

In addition to helping with the combat leader course, Cadieux and other members of the 124th RTI have participated in the growth and reconstruction of Afghanistan in another way.

“On this side, I’ve started Operation Sandbox, which is a humanitarian effort in hopes to have an immediate impact on the local communities of Kabul as well as future Afghanistan,” Cadieux said. “We’ve touched over 3,000 children through donations, and have done three runs to different orphanages, each run consisting of a deuce-and-a-half (truck) full of donations.”

A touching moment for Cadieux came during a donation convoy to northern Kabul.

“The orphanage didn’t know we were coming, and when we arrived the coordinator came out in tears,” he recalled. “The coordinator, who spoke perfect English, was very appreciative of the fact that we had a truck full of donations for the kids,” Cadieux said.

“She had \$300 left in her orphanage checking account, and was praying. She said she prayed (the previous) night that a miracle would happen,” Cadieux said. “It was just a very good feeling, and an honor to give those gifts on behalf of everyone back home.”

The donations come from families and friends of the 124th RTI. They come from many churches and schools across New England, a culmination of many different people’s efforts back home, Cadieux said.

(Army Staff Sgt. Timothy M. Williams is assigned to the 211th Mobile Public Affairs Detachment.)

4 X 14 Verizon Wireless

Moat notes

Toddler Time play group

The Soldier and Family Support Center sponsors a “Toddler Time” playgroup that meets every Monday from 9:30 – 10:30 a.m. (except on holidays) in the gymnasium of the Community Activities Center. Children under the age of six are welcome. Tents, tunnels, balls, pull toys and other fun things are available for the children to use.

Toddler Time is designed to help children develop their social skills by providing unstructured playtime. It can lead to new friendships for the participating kids and their parents. The program gives moms and dads the chance to meet other parents and provides them the chance to talk to other adults during the day. It’s a great opportunity for parents to share experiences, swap stories and ask for advice about parenting issues.

Toddler Time is open to active duty service members, family members, DA civilians and retirees. To register or obtain additional information, please contact Anne Shanks, family advocacy program education specialist, at 788-3511 or 3878 or shanksap@monroe.army.mil.

Thrift to reopen

The Fort Monroe Thrift Shop will reopen Jan. 13. Business hours are Tuesdays and Fridays from 10 a.m.-2 p.m. Consignments are taken from 10 a.m.-1 p.m. on those days.

The Thrift Shop is operating with limited heat. Due to unknown weather conditions and the severe working conditions for the volunteers, open hours and consignments may be limited. Regular consignments will be taken as long as possible. Volunteers will try to keep the shop open to accommodate everyone.

If anyone has PCS orders, please call Dibba Hamilton at 788-2566 to arrange appointments.

The Thrift Shop has an answering machine and changes and updates will be put on the machine. Call 788-2566 for more information.

Fort Monroe Library

The library is now open. The staff requests that patrons return all library material. Items may be returned Monday through Friday from 8 a.m. to 4:45 p.m. or placed in the book drop outside the front door.

Girl Scout cookies

It’s Girl Scout cookie time again! The Fort Monroe Girl Scout troops will be going door to door taking orders for those all-time favorite cookies starting Jan. 10 from 10 a.m. to 4 p.m., and Monday-Friday from 4:30 to 6 p.m. Door-to-door order taking on post will run until Jan. 31. For more information, call 723-5559

(leave your number and a message if your call is missed.)

1-2-3 Magic

The second 1-2-3 Magic workshop will be presented during three brown-bag lunch sessions from 11:45 to 12:45 a.m. on Jan. 15, 22 and 29 in the Soldier and Family Support Center classroom. Light refreshments will be provided. The workshop is open to active-duty service members, family members, DA civilians and retirees.

To register or obtain more information, contact Anne Shanks at 788-3511/3878. The Soldier and Family Support Center is located in Quarters 1, 151 Bernard Road.

Framing discount

The frame and craft shop is offering a 10 percent discount on all custom frame orders brought in Jan. 13 and 14. Dig in the closet and drag out all those pictures awaiting frames for the past few years. Let the expert staff assist you in color and design at great prices.

AFTB classes

Fort Monroe Army Family Team Building (AFTB) classes will be held at Army Community Services, Quarters 1, 151 Bernard Road from 11 a.m. to 1 p.m. Class notebooks and materials will be provided. Bring a lunch and join in.

Call 788-3878 to sign up today. Visit ACS on the web at www.acsmonroe.org.

□ Jan. 21: Don’t Worry ...Be Happy! (Adapting to Change, Stress Management and Expectations)

□ Jan. 28: Got Challenges? Learn to Take Control! (Problem Solving)

□ Feb. 4: Getting to Know You (Enhancing Relationship Building and Group Dynamics)

□ Feb. 18: Conflict Resolution: (Conflict Management and Group Conflict Management)

□ Feb. 25: Leading the Way: (Effective Leadership and Leadership Skills)

□ March 3: Get It All Done: (Time Management and Meeting Management)

For more information, contact Janine B. Johnson, AFTB program coordinator at 788-3878/722-0658.

Circus tickets

Ringling Bros. and Barnum and Bailey circus tickets will be available at the Bay Breeze Community Center Mondays through Fridays from 11 am to 3 p.m., beginning Jan. 12.

For more information, call Anneliese Penn at 788-2406.

RV storage available

Prices: vehicles 25 feet and under are \$25 per month; those 26 feet and over are \$1.30 per foot. Active duty military have first priority,

then retired military and then DoD civilians. Lots are secured with combination locks to allow 24/7 access by renters. Call Jennifer Pilkinton at 788-4305 for more information.

Marina winter hours

Winter hours of operation for Old Point Comfort Marina are 8 a.m. to 5 p.m., Wednesday through Sunday until Memorial Day.

Persons whose boats are not kept at the Marina may use the indoor maintenance area. Bring it in (by appointment) and work on it or have marina staff work on it. Call 788-4308 for more information.

Teaching assistants needed in York County

York County Children’s Services is looking for volunteers to assist the teacher and teacher aide in providing children with opportunities to learn and explore in a safe and caring environment. Assistance is needed with arts and crafts, group activities, reading to children and supervising children during outdoor play and field trips. If you are still a kid at heart then this is the place for you!

For more information call Marie Hinton, Fort Monroe’s installation volunteer coordinator, at 788-4344.

U.S. Air Force Quintet performs at TNCC

The U.S. Air Force Tradewinds Quintet will span more than 250 years of musical tradition when it performs at the Thomas Nelson Community College’s Dr. Mary T. Christian Auditorium on Jan. 23 at 7:30 p.m.

The quintet’s repertoire includes a wide variety of chamber, popular and patriotic music.

Obtain free tickets at the TNCC Educational Foundation Office located at 525 Butler Farm Road, Suite 106, or by calling 825-2719.

Claude Monet lecture at Library

Art historian Barbara Johnston will discuss the life and art of Claude Monet in an illustrated talk at the Williamsburg Library Theatre, 515 Scotland Street, on Jan. 12 at 7:30 p.m. Johnston’s lecture, “The Shimmering Visions of Claude Monet,” is free, as is the reception that follows. The program is presented through This Century Art Gallery’s Partnership Program with the Virginia Museum of Fine Arts and is being co-sponsored by This Century Gallery and the library as part of their series “Centuries of Art @ Your Library.”

For more information on this program or the series, call the library at (757) 259-4070 or go on-line at www.wrl.org or www.thiscenturyartgallery.net.

Native American sky show at museum

View a landmark Native American sky show, “Spirits from the Sky: Thunder on the Land,” beginning Jan. 10 at the Virginia Living Museum planetarium.

Many cultures have looked to the heavens and pondered their place in the cosmos. One culture, the Skidi Band of the Pawnee Native American Nation, patterned their lives on the observations they made of Earth and celestial phenomena.

Everyone will be spellbound as they listen to the history and legends of the Skidi people, brought to life by one of the their Elders.

This show will be presented daily through March 14. Show times are 3:30 p.m. weekdays; 11 a.m., 1:30 and 3:30 p.m. Saturdays, and 1:30 and 3:30 p.m. Sundays.

For more information call (757) 595-1900. The museum’s website is www.valivingmuseum.org.

Chinese New Year

Welcome in the Year of the Monkey at the Children’s Museum of Virginia from 10 a.m. to 4 p.m., Jan. 17. The 4,000 year-old celebration lasts for 15 days, starting on the first day of the Chinese lunar calendar. A full day of activities is planned.

The Children’s Museum of Virginia is located at 221 High St. in Olde Towne Portsmouth. Visit www.childrensmuseumva.com or call 393-5258, Ext. 17, for additional information.

At the Movies

Showing at the
Langley Air Force Base Theater

Friday, Jan. 9
7 p.m. – Resurrection (R)

Saturday, Jan. 10
2 p.m. – Timeline (PG-13)

7 p.m. – Gothika (R)
Friday, Jan. 16

7 p.m. – The Haunted Mansion
(PG)

Saturday, Jan. 17

2 p.m. – Love Don’t Cost a
Thing (PG-13)
7 p.m. – Honey (PG-13)

All movies at 7 p.m. unless otherwise noted

Adults – \$2; Children 6 – 12 years old – \$1.50; and Children under 6 – free.
(If a child under 6 occupies a seat at a G-rated movie, admission is \$1.50.)
Special movie showings are available.
Contact John Low at 766-1237; or
LowJ@aafes.com for details.

AAFES employee wins \$1 million and title, ‘sole survivor’

BY STEVEN FIELD

FORT LEWIS, Wash. (Army News Service, Dec. 29, 2003) — A Fort Lewis, Wash., woman was awarded a \$1 million prize and the title of “sole survivor” after outplaying, outwitting and outlasting her competitors on the reality TV show “Survivor.”

Sandra Diaz-Twine, a Fort Lewis Army and Air Force Exchange Service employee and former Soldier, just took home the top award from the blockbuster CBS show.

“I thought, ‘I’m going all the way,’” Diaz-Twine said. “I was always a ‘Survivor’ fan, but it is always easier watching from your living room.”

“I believe Sandra has the true gift that is expected of a Soldier and Soldier’s wife — to do what it takes to get the job done,” said Julie Cosby, Diaz-Twine’s boss. “Her spontaneity is refreshing and sometimes shocking, but she is such a value that all of us (at AAFES) wanted her to win as much as if it had been ourselves.”

Diaz-Twine was one of 16 people who were stranded in a remote location for this season’s show. The contestants were also under constant watch from camera crews and had to build shelter, find food, battle the elements and win the support of their fellow castaways as one by one they are voted off.

The last two on the island, Diaz-Twine and a middle-aged Scoutmaster, Lillian “Lill” Morris, faced a jury of their former island mates to determine the winner.

“It was wild. I didn’t see it coming,” said Staff Sgt. Marcus Twine.

In a six to one decision, Diaz-Twine was named champion.

“It was wild. I didn’t see it coming,” said Staff Sgt. Marcus Twine, 1st Corps Material Evaluation Team. He said because Lill was one of the most popular castaways, he and his wife were resigned to taking second place before the winner was announced live on TV Dec. 14.

While Soldiers were battling terrorists in places like Iraq and Afghanistan, Diaz-Twine was battling nature in Central America for the show’s seventh season. The show was filmed on the Pearl Islands, a chain located approximately 40 miles from the Pacific coast of Panama. The islands are lush with vegetation, surrounded by crystal clear ocean water and fixed in a tropical paradise.

Although the contestants were marooned in a beautiful place, they were not immune to plot twists. This season, they were left on the island with only the clothes on their

back.

Additionally, two players who had been previously voted out, including Morris, were given the opportunity to re-enter the game, throwing a kink in Diaz-Twine’s plans.

On one of the final days on the island, the remaining castaways were given letters from people close to them. Much in the way that a positive letter from home raises the spirits of a deployed Soldier, reading that her children — Tatiana, 8, and Alanna, 6 — and husband were well allowed Diaz-Twine to focus on the game and emerge as the winner.

“All I had to think about was, ‘Are (my children) at the pool today? Are they having fun? What are they doing?’ Silly stuff,” said Diaz-Twine. “I knew the kids were okay because they were with dad and grandma.”

“You don’t need to be fit to compete,” said Diaz-Twine. “You just need a strong mind and a strong head on your shoulders.”

Twine gained an appreciation for spouses who stay at home while their Soldiers are deployed overseas. Having spent a year in Korea away from his wife and children, the tables were now turned on him. He had to wear the dual hat of Soldier and parent for the 39 days his wife was filming the show.

Diaz-Twine admits that some of her experience in the Army came into play while on “Survivor.” She said the Army helped teach her “the discipline to follow through, attention to detail and spying techniques.”

“You don’t need to be fit to compete,” said Diaz-Twine. “You just need a strong mind and a strong head on your shoulders.”

Diaz-Twine said she is pleased with how the show portrayed her — an honest, upfront and call-it-like-it-is person. She said winning \$1 million would not change that.

“They caught her in her rare form, from when she is nice and sweet to when she gets angry,” Twine said.

“I am still the same person, still the same Sandra. I still go to the AAFES 99-cent shows.”

“Hopefully after cashing the Survivor check, Diaz-Twine will continue to dress like a million bucks by shopping at the exchange,” said Cosby.

(Editor’s note: Steven Field writes for the Northwest Guardian at Fort Lewis, Wash.)



Photo courtesy of CBS

Sandra Diaz-Twine, an AAFES employee at Fort Lewis, Wash., leads the cast of “Survivor: Pearl Islands” during a reward challenge — one of the show’s regular features. Diaz outlasted 16 others while living as “outcasts” on a remote island near Panama.

3X10 USAA



Photo by Patricia Radcliffe

Demolition was ongoing Jan. 5, as crews razed quarters on Ingalls Road, in the vicinity of the moat walk. Other vacant housing units along Ingalls, sometimes referred to as “white elephants,” will also be demolished.

4X10 GEICO

Casemate 2004 schedule

Deadlines for submission of stories to the Casemate is **noon Friday**, one week before publication.

*Publication and story deadline dates for 2004:

Vol.25 #	Deadline	Issue date
No. 1	Jan. 2*	Jan. 9
No. 2	Jan. 16*	Jan. 23
No. 3	Jan. 30	Feb. 6
No. 4	Feb. 13*	Feb. 20
No. 5	Feb. 27	Mar. 5
No. 6	Mar. 12	Mar. 19
No. 7	Mar. 26	Apr. 2
No. 8	Apr. 9	Apr. 16
No. 9	Apr. 23	Apr. 30
No. 10	May 7	May 14
No. 11	May 21	May 28
No. 12	June 4	June 11
No. 13	June 18	June 25
No. 14	July 9	July 16**
No. 15	July 23	July 30
No. 16	Aug. 6	Aug. 13
No. 17	Aug. 20	Aug. 27
No. 18	Sept. 3*	Sept. 10
No. 19	Sept. 17	Sept. 24
No. 20	Oct. 1	Oct. 8
No. 21	Oct. 15	Oct. 22
No. 22	Oct. 29	Nov. 5
No. 23	Nov. 12	Nov. 19
No. 24	Nov. 26*	Dec. 3
No. 25	Dec. 10	Dec. 17

* Deadlines falling on training or other holidays are moved forward to noon, the last duty day of the week before publication.

** Indicates extended, three-week break between publications.

For more information, call Connie Smalls, editor, at 788-3520; or Pat Radcliffe, assistant editor, at 788-3208 and 788-3531, respectively.

STOP/LOSS

(Continued from page 9)

selected to participate in the second rotation of Operation Iraqi Freedom or the fifth rotation of Operation Enduring Freedom.

The November Stop Loss announcement also lifted the last two specialties affected by the 12-Month Skill-Based Stop Loss Program.

“We have evaluated the entire program, and we realized that putting individuals under Stop Loss based on their skills was not providing us what we needed at the unit level,” Manske said. “Unit cohesion is what drove our decision to move away from skill based to unit based.”

The force rotation policy that is being implemented will do away with individual replacements and serve as a means of evaluating the effectiveness of unit manning, according to Manske.

In October of last year, Chief of Staff of the Army Gen. Peter Schoomaker announced that unit manning was one of 16 focus areas that would get his immediate attention. Army leadership will look for concepts that will provide greater stability to troops and their families, Schoomaker said during the annual Association of the United States Army symposium.

“There is no question that Soldiers who train and deploy together are a better fighting organization,” Manske said.

Unit manning leads to unit cohesion and studies have said it leads to combat effectiveness and reduced casualties, Schoomaker said.